

Vegetable Soup

This recipe makes enough for 6 or 8 people.



What you use:

2 tablespoons fat
1 onion, cut in
small pieces
1 cup meat, cut in
small pieces
1 can tomatoes

1/3 cup rice
1 cup cooked dry beans
1 cup water
1 teaspoon salt
1/4 teaspoon pepper

How to make Vegetable Soup

1

Fat

2 tablespoons

1 onion

Cut in small pieces

Canned or cooked meat

cut in small pieces

1 cup

Put fat in boiler. Add onion and meat. Cook until onion is tender. Stir some as it cooks.

2

1 can tomatoes

about $2\frac{1}{2}$ cups

Rice (not cooked)

$\frac{1}{3}$ cup

Cooked dry beans

1 cup

Add tomatoes, rice, and beans to boiler. Stir.

3



Water



1 cup



Salt



1 teaspoon



Pepper



1/4 teaspoon



Add water, salt
and pepper to
boiler. Stir.

4

Put lid on boiler.

Turn heat low.

Cook soup 30 minutes.
Stir some as it cooks.



Use left over meat or vegetables to make soup.

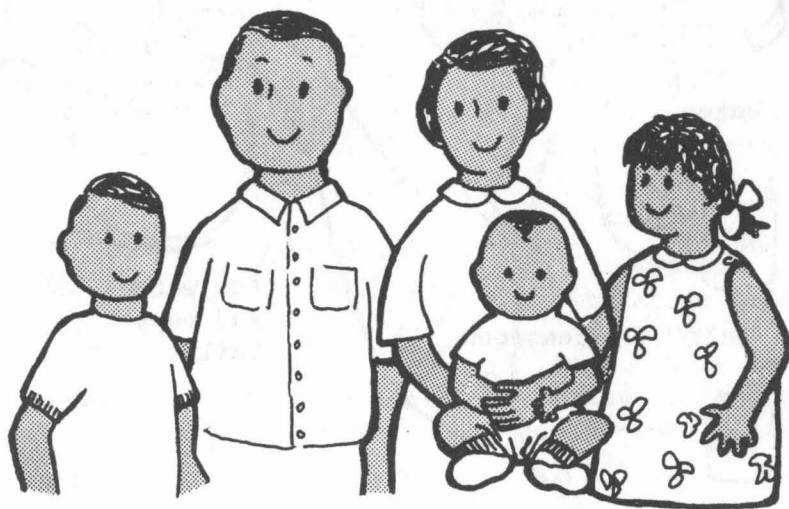
You can use:

chicken
neck bones
hot dogs
sausage

hamburgers
butter beans
English peas
field peas

okra
carrots
corn
potatoes

Your family is happier when you cook good food.



**A good diet has meat, eggs, cheese
or dry peas or beans every day.**

It also has fruits and vegetables.

A good diet has milk and cereals.

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